

Caring Caregiver

MARCH 2017

VOLUME 33, NO. 3

www.friendshipheightsmd.gov

301-656-2797

New day and time, page 2



Come to the National Harbor casino

Feeling lucky? Try out the slots, table games and poker at MGM National Harbor or just enjoy the stunning panoramic views of the eastern shore of the Potomac River and stroll through the shops. Join us on **Thursday, March 23**, to visit this brand new resort. The \$1.4 billion resort is 24 stories high and the casino

has more than 125,000 square feet of space. Come check it out! We will leave the Center at 10:15 a.m. and return around 5 p.m. The cost for transportation and driver gratuity is \$50. Residents and one guest may sign up immediately; nonresidents may sign up March 8. There are 45 spaces available.

Young at art

Treat your child to a week of artful fun at our week-long summer art camp Monday, June 26 through Friday, June 30, from 9:30 a.m. to 1 p.m. at the Friendship Heights Village Center. Campers ages 6 through 12 complete a variety of fine arts projects including painting, origami, Chinese brush, pastels, pottery, photography and jewelry.

Children must have completed kindergarten to qualify. The cost is \$250 per child.

Sign up at the Village Center. For information, call the Village Center at 301-656-2797.

Village to elect Council on Monday, May 8

Village Council Election Guidelines from the Village By-laws

General Provisions

Election of the Friendship Heights Village Council shall be conducted under the guidance of the appropriate provisions of Article 33 of the Maryland Code, Section 66-4 of the Montgomery County Code, and these By-Laws.

Notice of Election

Notice of the election specifying time, requirements, and the procedures for nomination and voting shall be posted on the Hubert H. Humphrey Friendship Park Bulletin Board at least sixty days prior to the election.

Nomination

Nomination shall be by petition, signed by at least ten registered and

qualified voters of the Village, and shall be filed at the office of the Council at least five weeks prior to the election (by 5 p.m., Friday, March 31, 2017). Such petition shall include the signature of the candidate indicating willingness to run.

Candidates shall be registered and qualified voters and reside in the Village at the time of the nomination and the election. Any candidate may withdraw his/her petition up to twenty-four hours before the start of the election.

Qualifications for Voting

Any person residing in the Village on the date of the election whose name appears on a list of registered and qualified voters as of two weeks prior to the election, furnished by the Board of Elections of Montgomery County, shall be eligible to vote.

Place of Voting

The polling place or places shall be conveniently located (Village Center).

Election Officials

Appointment by the Council of the judges and clerks shall be made prior to the election. Assistants may be made available and appointed in a similar fashion. No candidate for Council membership or member of his/her immediate family shall serve as an election official.

Continued on page 5, see Election Guidelines

New day and time for caregiver support group

Are you caring for someone with Alzheimer's disease, Parkinson's or other chronic medical conditions? Do you feel like you are alone in the world as a caregiver? Is it time to take care of yourself and your needs? If you answered yes to any of these questions, the caregiver support group may be right for you. The meetings will provide an opportunity to learn practical tips about caregiving, find solutions to challenging behaviors, share your feelings and receive emotional support, and learn about your local community resources.

The group will meet **Tuesday, March 28, at 10 a.m.** Meetings are led by Judith Bernstein of GPS Senior Care Partners, a clinical social worker and certified advanced social work case manager. If you have questions for Judith, email her at judith.gpspartners@gmail.com. The support

group is a partnership of Brighton Gardens of Friendship Heights and the Village of Friendship Heights and is for caregivers only. RSVP for attendance is strongly encouraged. Call 301-656-2797.



Trip to Philadelphia Flower Show: Wednesday, March 15, 7:30 a.m. to 7 p.m. Cost: \$99. Stop by or call the Village Center at 301-656-2797 for details.

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- Ultrasound, electrical stimulation, and combo
- Aquatic therapy
- Orthopedic injuries, joint replacements

 Neurological disorders (MS, MD, ALS, stroke, dystonia), fibromyalgia, chronic fatigue syndrome

Focus on hands-on care

Friendship Heights 4601 N Park Ave., #10C Chevy Chase, MD 20815 (at the Elizabeth Arcade, free garage parking!)



phone **301-654-9355** | **info@getwell-rehab.com** www.getwell-rehab.com



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the April issue is March 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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VILLAGE MANAGER
Julian P. Mansfield

Village Council Update

Village archive project completed

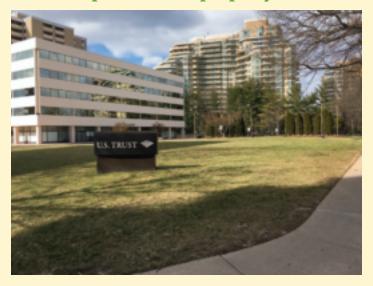


Clara Lovett

In October 2016 we reported on Council Historian Clara Lovett's review of files at the Village Center. She has completed her review and reorganization of the files, and she gave a report at the February 13 Village Council meeting. We now have consolidated files of correspondence and documents with some recommendations

for maintaining and preserving records in the future. A big thank-you to Ms. Lovett for her tremendous work over many hours!

Possible development on 5550 Friendship Boulevard property



At the February 13 Council meeting, representatives from 5550 Friendship Boulevard spoke to the Council about their interest in additional development on the site. Currently the site consists of a five-story office building with an open lawn adjacent to North Park Avenue and Friendship Boulevard (see photo above). The owners are exploring the possibility of adding a condominium building on the north end of the lawn. They did not present plans or discuss specifics, except to say that the building would likely be no larger than 100 units. We will report additional information as it becomes available.

The Council also expanded the scope of its agreement with attorney Norman Knopf—previously retained to advise the Council on Parcel 6 development—to represent the Village's interests on the 5550 Friendship Boulevard site and any other land use issue that may come before the Council.



Our new gallery-type lighting at the Village Center arrived just in time to highlight the February art show. The columns in the hallways are getting a new look as well.

502 MARYLAND RESIDENT INCOME TAX RETURN

	OR FISCAL YEAR BEGINNING	2012 E	2012 ENDING					
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k Ink	Your First Name	ast Mame						
or Black	Spouse's First Name Initial	Last Name						
Blue	Present Address (Nand street)							
Using	City or Town	State	ZIP code					
Print (Name of county and incorporated city, town or special taxing area in which you resided on the last day of the taxable period. (See Instruction 6)	Maryland County Montg.	City, Town, or Taxing Area Friendship Hts					
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FILING STATUS

1. Single (If you can be claimed on another person's tax return, use Filin See Instruction 1 to determine if you are required to file

2. Married filing joint return or spouse had no income if

When you file your Maryland income tax return, please remember to put Friendship Heights under "City, Town or Taxing Area" to ensure the Village receives our share of the state income tax.

Other Council actions at the February 13 meeting:

- Voted to become member of the Citizens Coordinating Committee on Friendship Heights (CCCFH).
- Approved proposal from the League of Women Voters to run the Village Council election on May 8, 2017.
- Held first public hearing on Proposed FY 2018 Budget. The next Council meeting will be Monday, March 13, at 7:30 p.m. in the Village Center.

Free glaucoma screenings at the Village Center

More than 3 million people in the U.S. have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase. Glaucoma is called "the sneak thief of sight" since there are no symptoms. Once vision is lost, it's permanent; as much as 40% of vision can be lost without a person noticing. Friendship Heights Village and the Prevention of Blindness Society of Metropolitan Washington invite you to sign up for a free glaucoma screening on Thursday, March 30, from 11 a.m. to 2 p.m. The 10-minute, non-invasive visual field screening, designed to assess an individual's peripheral vision, is not the "puff" test which measures eye pressure. It may be taken with eyeglasses or contact lenses, and results are explained to you immediately after completing the

Iona Senior Services representatives to speak at the Center

Iona staff members Deb Rubenstein, MSW, LICSW, and Carol Kaplun, RN, will speak at the Village Center on **Tuesday, March 21, at 10 a.m.**, to discuss how Iona helps older adults and family caregivers.

Ms. Rubenstein, the Director of Consultation, Care Management and Counseling, is a social worker with more than 20 years of experience as a care manager, psychotherapist and support group leader. Ms. Kaplun is a nurse care manager who leads Iona Care Management. They will discuss how Iona, a nonprofit senior service organization located in the Tenleytown neighborhood of D.C., helps people with the challenges and opportunities of aging through a wide range of educational programs, direct services and advocacy efforts. Most Iona programs are open to Montgomery County residents.

Please let us know you are coming by calling 301-656-2797.



appointment.



screening. Call the Center at 301-656-2797 to make an













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Election Guidelines, continued from page 1

Poll Watchers

Poll Watchers appointed by candidates shall be permitted to observe the voting and counting, but shall not interfere in any way with the voting or counting.

Counting of Ballots

Counting shall be conducted by judges and clerks.

Certifying and Reporting of Ballots

The incumbent Mayor shall notify the Montgomery County Council of the election returns, certified by the election judges. Such letter shall be sent by registered mail the day following the election. A copy of this letter shall be retained in the permanent files of the Village.

Absentee Ballots

Any qualified voter shall be entitled to vote as an absentee voter. An application must be received by **Friday**, **April 28**, **2017**. (If you are unable to meet this deadline, call the League of Women Voters representative listed on the absentee ballot application.) Applications for absentee ballots are available at the Village Center and online at www.friendshipheightsmd.gov (click on "Village Council" link). Upon receipt of the application, the Council shall have mailed or delivered to the voter entitled thereto an absentee ballot. No candidate for Council membership shall serve as a duly authorized agent for the purpose of submitting a com-

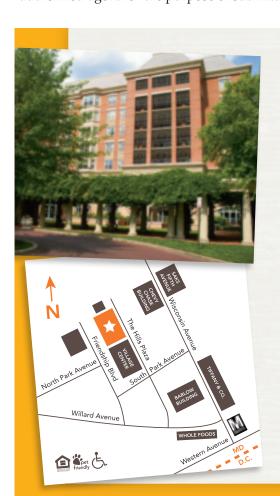
pleted absentee ballot application. A qualified voter shall return an absentee ballot by mail, by delivery in person, or by requesting that an election judge or clerk be dispatched to obtain the absentee ballot on the day of the election. The ballot shall be returned to the Council office or other previously designated location. An absentee ballot received after the time for closing of the polls shall not be counted.

Disclosure

All candidates for the Friendship Heights Village Council must indicate agreement with the following requirements: Each candidate for election to the Council must submit two written financial reports to the Village Office—a preliminary report on the Monday preceding election day (**May 1**) and a final report by 5 p.m. on the Friday after election day (**May 12**).

Each report must include the following: 1) a list of all contributors and the amount(s) of their contributions made to the candidate; 2) an itemized list of expenditures made by the candidate on his/her own behalf; 3) a list of all contributors and the amount(s) of their contributions made to another party on behalf of the candidate; and 4) an itemized list of expenditures made by another party on behalf of the candidate.

The data from these reports shall be compiled and posted on the Village bulletin board as soon after receipt as possible. Failure to comply shall disqualify the candidate from assuming office.



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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

Thursday, March 2, 7 p.m. — *Movie* — *Arrival* – After alien crafts land around the world, an expert linguist is recruited by the military to determine whether they come in peace or are a threat. Stars Amy Adams, Jeremy Renner and Forest Whitaker Rated PG-13. Running Time: 114 minutes.

Thursday, March 9, — No movie — Kyi May Kaung, 7:30 p.m. — see calendar page.

Thursday, March 16, 7 p.m. — Movie — My Left Foot— Daniel Day-Lewis won an Oscar for his portrayal of Irish writer Christy Brown, who was born with cerebral palsy. Misdiagnosed as mentally disabled for the first 10 years of his life, Brown learned to write with his left foot. Rated R. Running Time: 103 minutes.

Thursday, March 23, 7 p.m. — Movie — Moonlight— A timeless story of human self-discovery and connection, "Moonlight" chronicles the life of a young black man from childhood to adulthood as he struggles to find his place in the world while growing up in a rough neighborhood of Miami. Rated R. Running Time: 111 minutes.

AARP safe driving program returns to the Center

The AARP Driver Safety Program will be offered **Friday**, **April 21**, **from 10 a.m. to 3 p.m.**, at the Village Center and will be taught by Jerry Hulman. It costs \$15 for AARP members (please bring your membership card when you register and also to the class) and \$20 for nonmembers. Cash or checks made out to AARP only.

Each student must bring their driver's license and a ballpoint pen to class. Please register at the Village Center.

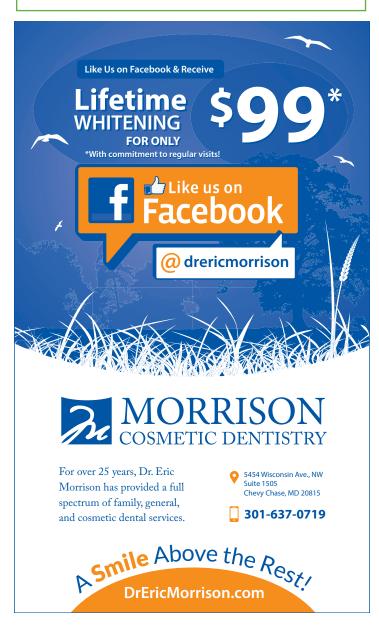
A Note from the Program Directors

As a courtesy to our speakers, authors and performers—

- Turn off cell phones
- Do not take food or drink into the auditorium
- Arrive on time for all events
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

Thursday, March 30, 7 p.m. — *Movie* — *Manchester by the Sea* — Casey Affleck plays a Boston handyman who once again is forced to confront tragedy when he returns to Manchester following the death of his brother and the complications – mainly the guardianship of his nephew – that surround it. Rated R. Running Time: 137 minutes.

The Leisure World Lions Club will pick up eyeglasses and frames from the Village Center each month. The glasses are then cleaned, disinfected and distributed to the underprivileged, particularly in developing countries.





Washington Water Color Association in juried exhibit this month

The Washington Water Color Association (WWCA) will exhibit in the Friendship Gallery during March. The show will be judged by mixed water media artist Michaele Harrington. She teaches at Montgomery College and also conducts critique sessions and teaches private classes.

The WWCA was founded in 1896 and is one of the oldest societies of professional artists in the country. It currently has 70 members who have exhibited at a number of known local art venues. The group also provides community service through contributions to educational institutions and art groups in the Washington metropolitan area.

The show runs from March 6 to April 1. The public is invited to meet the artists at a reception on Sunday, March 12, from 11:30 a.m. to 1:30 p.m. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of certain activities in that room. Please

check with the front desk receptionist when you arrive. Note that all sales of art are final.



Beneath the Pines and Oaks by **Melchus Davis**

Artists—start your painting!

The theme of this year's July art show is "Pets on Parade." This multi-media exhibit is open to all artists in the area. Paintings, photographs or sculpture can feature any animal that might be a pet. Prizes will be awarded to the top winners. Applications will be available at the Village Center soon.



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Friendship Heights Village Center



Calendar of Events 2017

		M A	\mathbf{R}	C H		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kyi May Kaung, a wr resident will discuss l Burma," at the Village p.m. Dr. Kaung worked the Burmese democra	e Center on Thursday If for 13 years in internacy movement while in k will be for sale; cash	onomist, and Village to Write: Not Just about	1 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group	8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Arrival	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya	8:15 a.m.: Walking Club 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 7 p.m.: Pilates	10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Suburban Lecture: Palliative Care 4:30 p.m.: Program Advisory Committee 5:30 p.m.: Community Advisory Committee 7:30 p.m.: Concert: Jody Marshall and Ellen James	8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Book Signing with Kyi May Kaung	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING	8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	7:30 a.m.: Depart for Philadelphia 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group	8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 12:30 p.m.: Vision Support Lunch and Learn 7 p.m.: Movie: My Left Foot	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:15 a.m.:Tai Chi 10 a.m.: Great Books 10 a.m2 p.m.: MVA Mobile Office 12:30 p.m.: Bridge Club 7 p.m.: Café Muse	8:15 a.m.: Walking Club 10 a.m.: IONA Care Management 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	10:15 a.m.: Yiddish 12 p.m.: Chess group 7:30 p.m.: Concert: Brothers Flanagan	8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 10:15 a.m.: Depart for National Harbor 11 a.m. – 4 p.m.: Village Playtime 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Moonlight	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya	8:15 a.m.: Walking Club 10 a.m.: Caregivers Support Group 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 7:30 p.m.: Concert: Friday Morning Music Club	8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m 2 p.m.: Glaucoma Screenings 11 a.m 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Manchester by the Sea	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	AARP Foundation Tax-Aide offers free, individualized tax preparation for low- to moderate-income taxpayers, especially those 60 and older, at th Chevy Chase Library, 8005 Connecticut Ave., of Thursdays from 10 a.m. 4 p.m. Call 240-777-2577 to make an appointmen Please do not call the library.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m. Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m. Saturday and Sunday 8 a.m. to 7 p.m.

Friendship Heights Neighbors Network (FHNN) — March 2017 EVENTS

March 4, 6 – 8:30 p.m.: POT LUCK DINNER PARTY at Ravelle Brickman's home, 4701 Willard Avenue. Host provides the entrée, guests contribute a dish. Limited to 8 attendees. RSVP to ravelleb@gmail.com Please state the course you will bring.

March 14, 2—4 p.m.: CRAFTS AND CHAT at Dianne Wolman's home, 4701 Willard Ave. Anyone who knits, crochets, quilts, sketches, does coloring books, or has a portable project is welcome. RSVP to Diannewolman@yahoo.com

yahoo.com

March 19, 5 – 6 p.m., LET'S TALK TECH! in The Elizabeth Party Room. Learn the basics for any handheld

March 22, 6:30 —7:30 p.m.: FILLING UP YOUR DANCE CARD: A GUIDE TO HEALTHY AGING IN PLACE in The Elizabeth Party Room. Presentation by Trey Sunderland, MD, a national leader in geriatric

Visit the FHNN website at http://www.fhneighbors.org for March program details.

device e.g., cell phone or tablet. RSVP to fhneighbors.org

CLASSES AND CLUBS

PLEASE SIGN UP <u>AT LEAST</u> 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

ART

ABSTRACT PAINTING

A 10-week course taught by Joan Samworth, Fridays, 1 to 4 p.m., April 21 – June 23. Bring your existing materials and paper or canvas to first class. For those who have previously taken this class; others may call Joan at 301-346-7238 to discuss. Maximum number is 10. The cost is \$185 for residents; \$200 for nonresidents.

ACRYLIC OR OIL PAINTING

A 10-week course for all skill levels, taught by Doris Haskel, Thursdays, 6:45 to 8:45 p.m., March 23 – June 1. \$60 for residents; \$80 for nonresidents. Class will not meet April 20.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., April 19 – May 24. Ms. Winter, an awardwinning artist, photographer and book illustrator, brings a dynamic method of teaching portraiture, beginning with the eyes, the class is coached to develop their skills by looking into the soul of their model. This class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays from 10:30 a.m. to 1:30 p.m., April 22 — June 17, \$120. The class is open to new students and those from previous sessions. Students will become skilled at using their cameras, understand

how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. Class will not meet May 27.

BASIC PHOTOGRAPHY FOR CHILDREN

A 6-week course in black and white and color photography, taught by Llewellyn Berry, Saturdays from 9:30 to 10:30 a.m., March 25 – May 6, \$50. The class is open to children 10 years old and older. Students will become skilled at using their cameras, understand how to use available light, and learn about composition and subject selection. Students must have a digital camera and a flash drive. Class will not meet April 15.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only, please), March 30 – June 8. Class emphasizes the elements of art: line, color, texture, shape and value. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. The cost is \$185 for residents; \$200 for nonresidents. Class will not meet April 20.

EXERCISE AND DANCE

BALANCE AND COORDINATION

A 6-week class, Tuesdays, 1 to 1:50 p.m., March 28 – May 2. The class will focus on simple exercises that improve overall balance. \$65 for residents; \$70

for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., March 24 – April 28. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed physical therapist assistant who has been working on the aging body for more than 15 years. \$65 for residents; \$70 for nonresidents.

CHAIR EXERCISE

A 6-week class, Wednesdays, from 11 to 11:50 a.m., March 29 – May 3. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$65 for residents; \$70 for nonresidents.

DANCE FOR HEALTH

A 6-week class, Thursdays, 9:30 to 10:30 a.m.; April 20 – May 25, taught by Rima Faber. Low-impact aerobics, stretching and strengthening to music, fostering oxygenation of the brain, and promoting better balance. The class will incorporate some elements of ballet and healthy movement practices for alignment, range of movement, and moving with ease. Minimum of 10. \$65 for residents; \$70 for nonresidents.

DC TAI CHI NEW!

A 6-week class, Mondays, 9:15 –10:15 a.m., Mar. 6 – Apr. 10. Taught by internationally recognized Master

Nick Gracenin. Will introduce the essentials of traditional Tai Chi and Qigong and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$65 for residents; \$70 for nonresidents. Visit www.dctaichi.com for details.

MAT PILATES

A 6-week session, Tuesdays from 7 to 8 p.m., March 21 – April 25. Pilates movements tone the body from "the inside out" bringing about corestrength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents and \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., April 10 – May 22. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$65 for residents; \$70 for nonresidents. Class will not meet on May 15. Please note that class will also not meet March 20 and will end on April 3- a change from the Feb. newsletter.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CAREGIVERS SUPPORT GROUP

A monthly meeting of family caregivers who are caring for parents, partners or children with serious illness or dementia. Facilitated by Judith Bernstein, a clinical social worker and certified advanced social work case

manager. The group is for caregivers only. A partnership of Brighton Gardens of Friendship Heights and the Village of Friendship Heights. Check the calendar for date and time. See page 2 for more details.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets every Friday from 10:30 a.m. to noon. Led by group members.

DROP-IN TAI CHI

Student-led sessions Fridays from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

County residents looking for help in understanding Medicare can call the local State Health Insurance Program (SHIP) at its new home and new number, 301-255-4250. The free service provides Medicare beneficiaries of any age unbiased information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets the second Tuesday of the month from 2 to 3 p.m.

TEA

Hot beverages, cookies and fruit are served by Village volunteers Tuesdays from 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Dates and book titles are announced in the newsletter. New members are welcome. See page 14

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership between the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for lunch and discussion with a speaker. Call Janet Morrison at 301-538-9358 for more information. See page 13.

WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.

During the months of January, February and March, concerts are held on the second and fourth Wednesday of the month from 7:30 to 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, March 8 — *Jody Marshall and Ellen James* — Jody Marshall and Ellen James bring the enchanting sounds of the hammered dulcimer and the harp to the Village Center.

Wednesday, March 22 — *Brothers Flanagan*— In honor of St. Patrick's Day, we welcome this talented barbershop quartet for an evening of Irish music and mischief.

Wednesday, March 29 — Friday Morning Music Club Young Performers Series— Treat yourself to an evening of classical music by some of the area's most talented teens. You'll be amazed at the level of professionalism demonstrated by these young performers, many of whom have yet to graduate from high school.

Dr. Michael Gittleson Podiatrist The Barlow Building

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Medicine/Foot Surgery Early Morning Hours

Our Listings in the Friendship Heights Community

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5610 Wisconsin Ave. #1102 \$2,895,000: 2 BR + Den, 2.5 BA, Renovated, Balcony; 2,503 SqFt

5610 Wisconsin Ave. #607 \$2,599,000: 2 BR + Den, 2.5 BA, Updated, 2 Balconies; 2,856 SqFt

5610 Wisconsin Ave. #407 \$2,330,000: 2 BR + Den, 2.5 BA, 2 Balconies; 2,856 SqFt

4301 Military Rd. NW. #202 \$1,475,000: 2 BR, 2 BA, Private Terrace; 1,906 SqFt

4301 Military Rd. NW. #104 \$975,000: 2 BR, 2 BA, Private Terrace; 1,320 SqFt

FOR RENT

5610 Wisconsin Ave. #1102 \$6,500/mo: 2 BR, 2.5 BA, Renovated, Vista Views, Balcony; 2,503 SqFt

5600 Wisconsin Ave. #204 \$2,950/mo: 1 BR, 1.5 BA, Balcony; 1,141 SqFt





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TO YOUR HEALTH

Vision Support Group: New care standard for treating low vision

The American Academy of Ophthalmology (AAO) has released a professional education video encouraging eye physicians to refer all patients with vision loss for vision rehabilitation services and, when possible, at its earliest stage. The new video is titled "There Is Something You Can Do." You are invited to a premiere screening to give your feedback at the Vision Support Lunch and Learn at the Village Center on **Thursday, March 16, from 12:30 to 1:30 p.m.** Dr. Adrianna Wiseman, low vision practitioner in Bethesda, will facilitate this unique opportunity to have input in the care of people with impaired sight.

The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington (www.youreyes.com). You don't have to have poor sight to participate, but you do need to register in order to reserve a free light lunch by calling 301-656-2797.

Optimizing quality of life with palliative care

Learn about the different options and resources available for continued care at this month's Suburban lecture at the Village Center on **Wednesday**, **March 8**, at 1 p.m.

Dr. Steven Wilks, Suburban Hospital medical director of palliative care services, will share practical approaches and strategies on how to decide the best course of action for a loved one. He will explain how an interdisciplinary team addresses the physical, intellectual, emotional, social and spiritual needs of patients and

their families.

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

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Café Muse presents...

This month's Café Muse, on **Monday, March 20,** will feature poets Annie Kim and Ross White.

Annie Kim's first poetry collection, "Into the Cyclorama," won the 2015 Michael Waters Poetry Prize. Her poems have appeared, or are forthcoming, in "Kenyon Review," "Ninth Letter," "Mudlark," "Asian American Literary Review," and "DMQ Review." Ms. Kim works at the University of Virginia School of Law as the Assistant Dean for Public Service.

Ross White is the author of two chapbooks, "How We Came Upon the Colony" and "The Polite Society." His poems have appeared in "American Poetry Review," "Best New Poets 2012," "New England Review," "Poetry Daily," "The Southern Review, and other journals. He

The Village Book Club will meet on **Tuesday, March 21, at 11 a.m.** The book selection is "Moonglow" by Michael Chabon. Look for a copy in the Center Reading Room on the shelf marked "Village Book Club Selections."

teaches creative writing at the University of North Carolina at Chapel Hill and the North Carolina School of Science and Mathematics. Mr. White is the founder and executive director of Bull City Press, and serves as poetry editor for "Four Way Review."

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 pm. Presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization. Visit www.wordworksdc.com.

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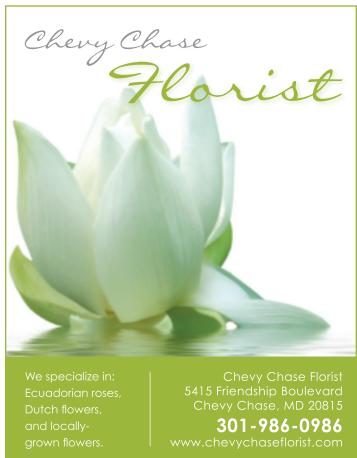
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March 2017 events calendar